

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
		8:30-9:30 HIIT Vasso		5:45-6:15 Matin express Typhaine	8h30-9h30 Club de course Achraf	
9h-10h Power circuit Vasso		9:15-10:15 Renforcement/ Musculature Pierre		6:30-7h Matin express Typhaine	9h-10h Fitness jeunesse Chris	
9:15-10:15 Renforcement Musculaire Pierre	9:30-10:15 Tabata Typhaine		9:30-10:15 Tabata Typhaine	8:30-9:30 Cardio trampo Helga	9:30-10:30 Cardio trampo Helga	9:30-10:30 Cardio trampo Helga
10:30-11h BodyShred Vasso			11-12h Kickboxe Spiro	9h-9:30 BodyShred Vasso	10h-11h Booty bootcamp Kristine	
11-12h Kickboxe Spiro			17:30-18h 18-18:30 Cardi trampo Élaine	10h-11h Fascial fitness Sari	12h-13h Fitness jeunesse Chris	
12h-12:30 Club de course Achraf		18:30-19:30 Club de course Achraf	18:30-19:30 Ados trampo Émilie	12h-13h Strongman Annelies		
12h30-13h Club de course Achraf		18:30-19:30 Total 360 Kristine	18:30-19:30 Combo Vasso			
19h-19:30 BodyShred Vasso		18:30-19:30 HIIT Vasso		17h45-18:15 BodyShred Vasso		
19h15-20h15 Tennis fit Chris	18:30- 19:30 Power circuit Vasso	19h-20h Tennis fit Chris	19h00- 20h00 Fitness jeunesse Chris	19h00- 20h00 Fitness jeunesse Chris		
19:30-20:30 Fitness jeunesse Vasso	19:30-20:30 Power circuit Vasso	19:30-20:30 HIIT Vasso	19:30-20:30 Fitness jeunesse Vasso			